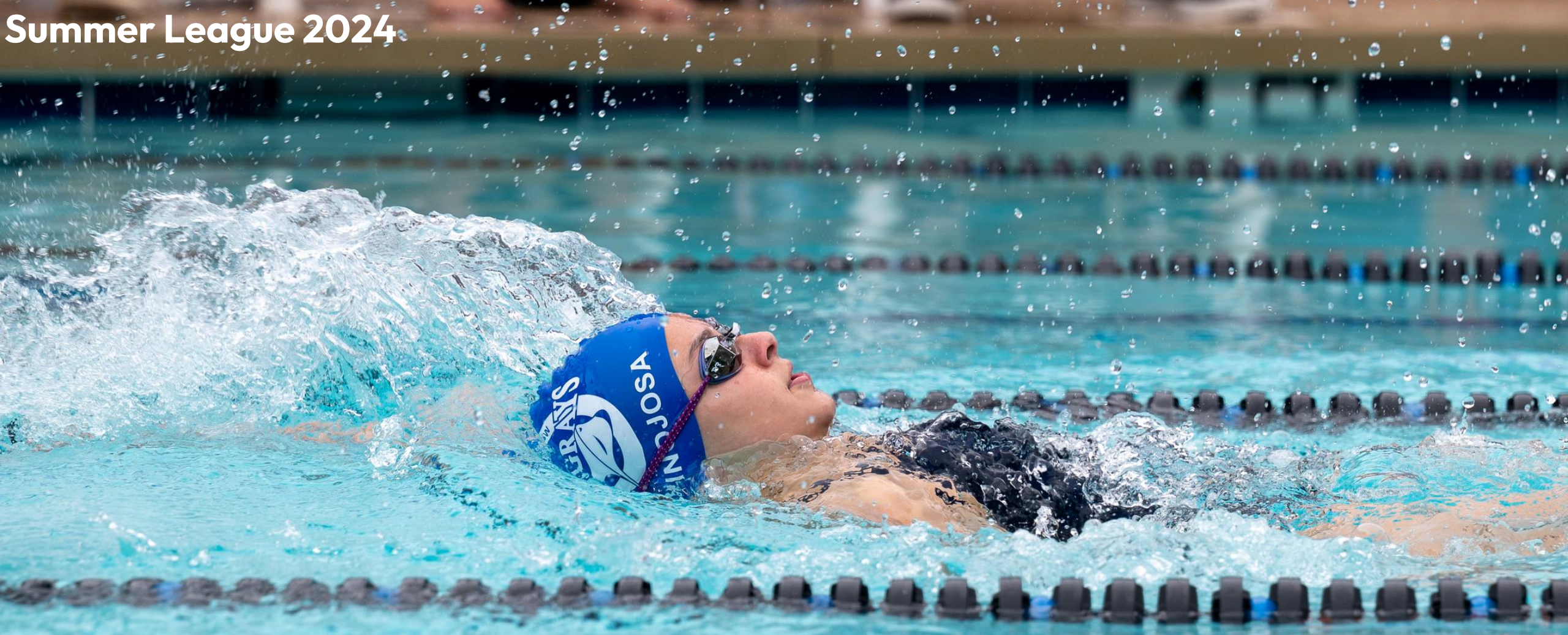


Summer League 2024



STROKE & TURN JUDGE

Training Clinic

WELCOME

Melissa Broccolo

Certified Stroke & Turn Official USA Swimming

Stingray Parent since 2019

Stingray Head Stroke & Turn 2021-2023

Stingray Starter 2024

Table of Contents

01 [Responsibilities](#)

02 [Stroke Rules](#)

03 [Heat Sheets](#)

04 [DQ Slips](#)

- [Resources](#)
- [Video Links](#)

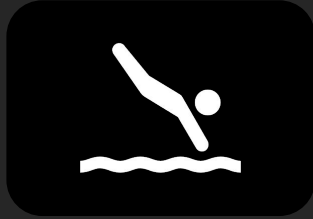


01

Responsibilities

Your responsibilities as a judge

Your responsibilities as a judge



Observe and Report

Only call what you are POSITIVE you observed, not what you think you may have seen or what you did not see.



Fairness and Consistency

Observation should be consistent for all rules and all swimmers.



Professionalism

Be supportive but don't cheer for one swimmer or team.

Volunteering for a Meet:



Read the weekly meet info email(s).



Bring a printed copy of your heat sheet.



Sign up online to volunteer.



Review the resources and recertify every two years.

Day of the Meet:



Arrive early for the judge's briefing meeting.



Ensure you have a clear view of the pool.



Head S&T will give your positioning and jurisdiction.



Disputes should be handled by the Meet Director.



02

Stroke Rules

Rules governing each of stroke.

Rules across all strokes

Golden Rule:

Benefit of the doubt **ALWAYS** goes to the swimmer.

Rules across all strokes

No Standing

Swimmers CANNOT stand on the bottom or hold onto the lane line except during freestyle event.

May stand or hold onto the lane line but cannot walk or push off bottom or lane line.

False Starts

Any swimmer initiating a start before the starting signal is given shall be disqualified. Both judges must observe the early start in their own jurisdiction.

Simultaneous

Simultaneous hands, arms, legs or feet need to move at the same time, but this does not have to be on the same plane.

Rules across all strokes

Separated Hands

Separated means hands cannot be stacked one on top of the other. It is not necessary to see a space between the hands. Incidental contact at the fingers is not a concern.

These examples are legal.



Separated means **NO** stacked hands.
This example is **NOT** legal.



Past Vertical Towards Breast/Back



Captain Marvel is in legal body positions for Fly and Breast because her shoulders are “**AT** or **PAST** vertical toward the breast”.

Past Vertical Toward the Breast

Shoulders AT Vertical

Past Vertical Toward the Back

Superman is in legal body positions for Backstroke because his shoulders are “**AT** or **PAST** vertical toward the back”.



In 25M/Y races, these rules do not apply:

Butterfly	1M: Shoulders not at or past vertical towards breast off wall
Backstroke	2I: No touch at turn
	2J: Non-continuous turning action
Breaststroke	3M: Shoulders not at or past vertical towards breast off wall
Freestyle	4K: No touch on turn



Butterfly

Synchronous arms; “dolphin” kick; and body, which should conduct a wave-like movement throughout the stroke.

Butterfly Rules



Forward start



Must surface
by 15 meters
after start and
turns



Stroke must be
simultaneous, with
forward arm motions
over water and must
break surface of water



Up and down
leg/foot movements
must be
simultaneous, not
alternating



Shoulders/chest
must be at or past
vertical toward the
breast after
start/turn



At start/at turns,
permitted one
underwater arm stroke
but must bring swimmer
to surface



Simultaneous,
separated two hand
touch on turns and
finish at, above, or
below water surface



Backstroke

Stroke executed on the back and usually consisting of alternating circular arm pulls and a flutter kick.

Backstroke Rules



Must surface
by 15 meters



Can turn onto breast
for turn but must
begin turning motion
immediately



Must start/finish
on back



No special rules
for arms, hands
or legs



Must be at or past
vertical toward the
back during race
except when turning



Turning motion may
include one single or
simultaneous double arm
pull and must be followed
by turning motion



Any part of the
body must touch the
wall at finish



Breaststroke

Performed by extending arms in front of head while drawing knees forward and outward then sweeping arms back, palms out while kicking backward and outward.

Breaststroke Rules



Start

The forward start shall be used.



Swim

At start and after each turn, shoulders/chest must be at or past vertical toward breast.



Cycle

Cycle is one simultaneous arm stroke first followed by simultaneous breaststroke kick and head must break surface of water.



Elbows

Elbows must remain under water except the last stroke into the wall at turn/finish.

Breaststroke Rules



Hip Line

Hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.



Head

At start and after each turn, head must break surface of water before hands turn inward at widest part of second stroke.



Feet

Legs/feet must move simultaneously. Feet must be turned outward during propulsive part of kick and can break surface of water but cannot be a downward butterfly kick.



Finish

Simultaneous, separated two hand touch on turns and finish at, above, or below water surface.



Freestyle

Any style stroke permitted, the most common being to circle arms forward in alternation, kicking feet up and down in a “flutter” motion, also known as “front crawl” stroke.

Freestyle Rules



Must surface
by 15 meters



Can hold lane line,
but no pulling or
pushing off



Any style of
swimming is allowed
(except IM and
Medley Relay)



Can stand on
bottom, but not
walk or push off



No special rules
for arms, hands
or legs



Any part of the body
must touch the wall
at turn/finish



Individual Medley

Uses all four strokes on consecutive lengths and equal distance.

Individual Medley Rules

Order: Butterfly, Backstroke,
Breaststroke, Freestyle



Rules governing each
stroke are applied to
that part of the race



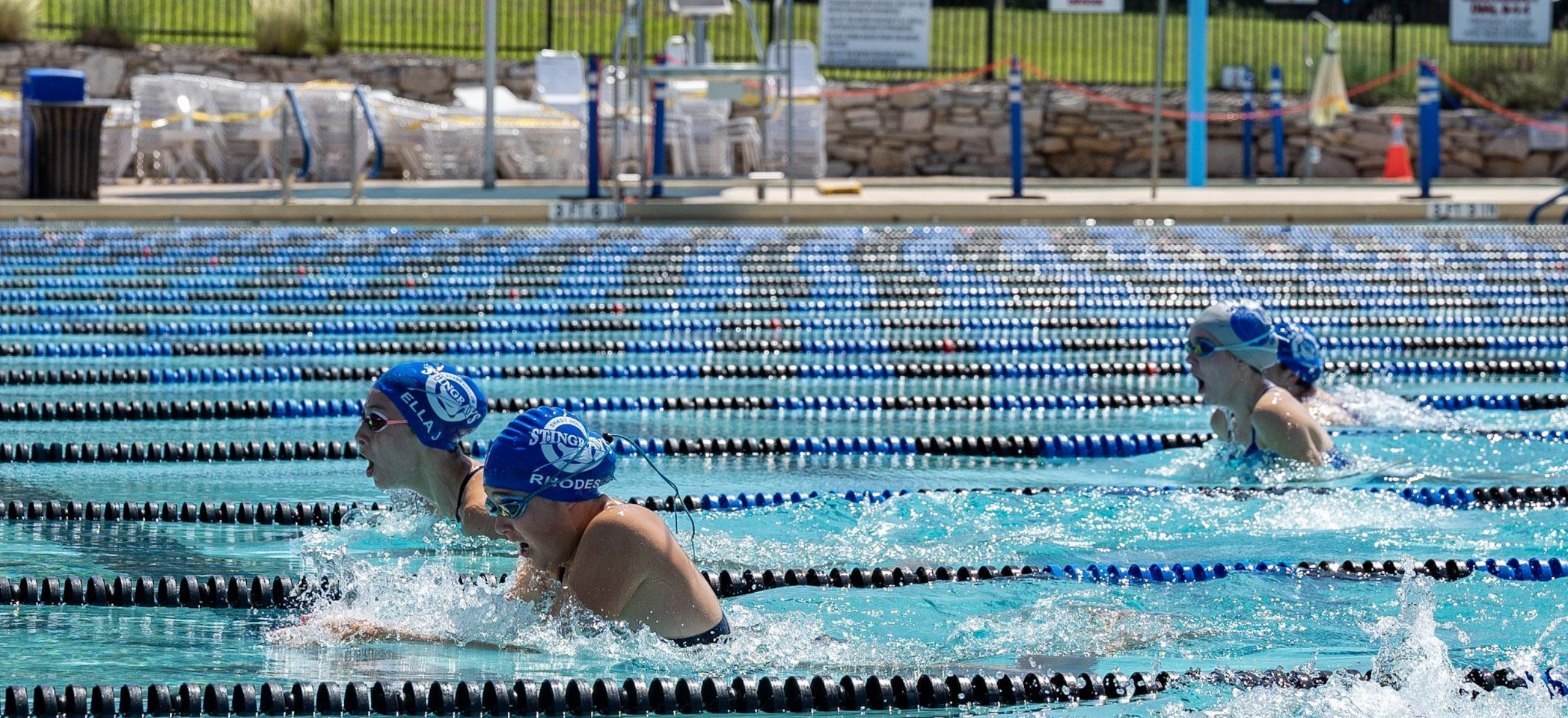
Intermediate turns
must conform to TURN
RULES for the stroke



Freestyle must
swim anything
other than breast,
back or fly



Transition turns must
conform to FINISH RULES
for the completing stroke



Free & Medley Relay

Four swimmers participate as a relay team, each swimming an equal distance of the race.

Free & Medley Relay Rules

Medley order: Back, Breast, Fly, Free (Alphabetical)



Rules governing each stroke are applied to that part of the race during Medley



Only one swimmer per leg of race; must leave water immediately upon finishing their leg, except last swimmer



Freestyle must swim any style other than breast, back or fly during Medley



Watch the swimmer's feet leave the starting platform then look down to verify touch at wall



03

Heat Sheets

An overview of meet heat sheets

How to Read the Heat Sheets

Heat

Heat number or race within an event

Lane

Lane number in which the swimmer is swimming

Name

Swimmer's name

Event #	Length	Stroke
#14 Boys 13-14	50 SC Meter	Butterfly
Lane	Name	Age Team
Heat #	Heat 1 of 1 Finals	Starts at 08:11 AM
Lane #	1 Thorpe, Ian	13 SHS
	2 Phelps, Michael	13 SHS
	3 Weissmuller, Johnny	14 SAAB
	4 Spitz, Mark	14 SAAB
	5 Lochte, Ryan	13 SHS

Swimmer Name

Event

Event number, stroke, length, age group and girls/boys or mixed.

Team

Name of swim team which the athlete swims for

How to Read the Heat Sheets

#72 Boys 9-10 100 SC Meter Medley Relay			
Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals Starts at 09:36 AM			
3	SAAB	A	02:05.7
	Bowman, Bob 10	Biondi, Matt 9	
	Hackett, Grant 9	Thorpe, Ian 10	
4	SHS	A	01:33.0
	Lochte, Ryan 9	Weissmuller, Johnny 10	
	Spitz, Mark 10	Phelps, Michael 9	

1

1st Leg =
Backstroke

2

2nd leg =
Breaststroke

3

3rd leg =
Butterfly

4

4th leg = Freestyle



04

DQ Slips

How to fill out a DQ slip

DQ Slip



CAPITAL CITY SUMMER LEAGUE DISQUALIFICATION REPORT

EVENT# _____ HEAT _____ LANE _____

SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____

ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____

TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1H) _____

NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____

NOT TOWARD THE BREAST OFF WALL (1M) _____

HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____

OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____

NOT TOUCH AT TURN (2I) _____

PAST VERTICAL AT TURN:

DELAY INITIATING ARM PULL (2S) _____ DELAY INITIATING TURN (2T) _____

MULTIPLE STROKES (2U) _____

TOES OVER LIP OF GUTTER AFTER THE START (2F) _____

HEAD DID NOT BREAK SURFACE BY 15m (2N) _____ RE-SUBMERGED (2R) _____

NOT ON BACK OFF WALL (2K) _____

SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____

OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____

KICK: ALTERNATING (3A) _____ BUTTERFLY (3C) _____ SCISSORS (3D) _____

ARMS: PAST HORIZONTAL (3E) _____ NON-SIMULTANEOUS (3F) _____

TWO STROKES UNDER (3G) _____ ELBOWS RECOVERED OVER WATER (3I) _____

TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3N) _____

NON-SIMULTANEOUS (3L) _____ NO TOUCH (3K) _____

NOT TOWARD BREAST OFF WALL (3M) _____

CYCLE: KICK BEFORE PULL (3Q) _____ HEAD NOT UP (3P) _____

DOUBLE PULLS/KICKS (3S) _____

OTHER (3T): _____

FREESTYLE

NOT TOUCH AT TURN (4K) _____

HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY

STROKE INFRACTION: FLY (6A1) _____ BACK (6A2) _____ BREAST (6A3) _____ FREE (6A4) _____

OUT OF SEQUENCE (5P) _____

FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE (5Q) _____

RELAYS

STROKE INFRACTION (61-64): SWIMMER # _____

EARLY TAKE OFF (66-68): SWIMMER # _____

CHANGED ORDER (6P1-4): SWIMMER # _____ STROKE _____

OTHER (6T): _____

MISCELLANEOUS

FALSE START (7O) _____ DID NOT FINISH (7Q) _____ DELAY OF MEET (7R) _____

ENTERED WATER W/O PERMISSION (7S) _____ INTERFERED W/ ANOTHER SWIMMER (7T) _____

WALKING/SPRINGING ON BOTTOM (7V) _____ PULLING ON LANE LINE (7W) _____

FINISH IN WRONG LANE (7X) _____ UNSPORTSMANLIKE CONDUCT (7Y) _____

JUDGE 1 INITIALS: _____ JUDGE 2 INITIALS: _____

SCORER'S INITIALS: _____

EVENT# _____ HEAT _____ LANE _____
SWIMMER _____ TEAM _____

Event #, Heat #, Lane #, Swimmer last name plus first initial and Team name.

JUDGE 1 INITIALS: _____ JUDGE 2 INITIALS: _____

Both judges' must initial DQ slip.

Pay attention to Start, Swim, Turn, Finish for each stroke

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____
ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____
TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1H) _____
NON-SIMULTANEOUS (1L) _____ NO TOUCH (1K) _____
NOT TOWARD THE BREAST OFF WALL (1M) _____
HEAD DID NOT BREAK SURFACE BY 15m (1N) _____ RE-SUBMERGED (1R) _____
OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
NOT TOUCH AT TURN (2I) _____
PAST VERTICAL AT TURN:
DELAY INITIATING ARM PULL (2S) _____ DELAY INITIATING TURN (2T) _____
MULTIPLE STROKES (2U) _____
TOES OVER LIP OF GUTTER AFTER THE START (2P) _____
HEAD DID NOT BREAK SURFACE BY 15m (2N) _____ RE-SUBMERGED (2R) _____
NOT ON BACK OFF WALL (2K) _____
SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____
OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
KICK: ALTERNATING (3A) _____ BUTTERFLY (3C) _____ SCISSORS (3D) _____
ARMS: PAST HORIZONTAL (3E) _____ NON-SIMULTANEOUS (3F) _____
TWO STROKES UNDER (3G) _____ ELBOWS RECOVERED OVER WATER (3I) _____
TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3N) _____
NON-SIMULTANEOUS (3L) _____ NO TOUCH (3K) _____
NOT TOWARD BREAST OFF WALL (3M) _____
CYCLE: KICK BEFORE PULL (3Q) _____ HEAD NOT UP (3P) _____
DOUBLE PULLS/KICKS (3S) _____
OTHER (3T): _____

FREESTYLE
NOT TOUCH AT TURN (4K) _____
HEAD DID NOT BREAK SURFACE BY 15m (4N) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
STROKE INFRACTION: FLY (5A) _____ BACK (5B) _____ BREAST (5C) _____ FREE (5A) _____
OUT OF SEQUENCE (5P) _____
FOURTH DISTANCE SWUM IN STYLE OF PREVIOUS STROKE (5Q) _____

RELAYS

STROKE INFRACTION: SWIMMER #: _____
EARLY TAKE OFF: SWIMMER #: _____
CHANGED ORDER (6P): SWIMMER # _____ STROKE _____
OTHER (6T): _____

MISCELLANEOUS

FALSE START (7o) _____ ENTERED WATER W/O PERMISSION (7s) _____
DID NOT FINISH (7q) _____ INTERFERED WITH ANOTHER SWIMMER (7t) _____
DELAY OF MEET (7r) _____ WALKING OR SPRINGING FROM BOTTOM (7u) _____
FINISH IN WRONG LANE (7x) _____ STANDING ON BOTTOM (7v) _____
PULLING ON LANE LINE (7w) _____ UNSPORTSMANLIKE CONDUCT (7y) _____

Other infractions

DISQUALIFICATION SHEET - GENERIC

DQ #	1	2	3	4	5	6	7	8
EVENT								
Heat								
Lane								
Judge								
Swimmer								
Team								
Notified (S or C)								
Stroke Infraction								
<i>Note code(s) from table below</i>								
False start								
Did not finish								
Delay of meet								
Other:								

BUTTERFLY

Alternating Kick (1A)
 Breast Kick (1B)
 Scissors Kick (1C)
 Non-Simultaneous Arms (1E)
 Underwater Recovery (1F)
 One Hand Touch (1J)
 Not Separate Touch (1K)
 Non-Simultaneous Touch (1L)
 No Touch (1M)
 Not Toward Breast Off Wall (1N)
 Head Not Break Surface by 15M (1P)
 Re-Submerged (1R)

BACKSTROKE

No Touch at Turn (2A)
 Delay Initiating Arm Pull (2B)
 Delay Initiating Turn (2C)
 Multiple Strokes at Turn (2D)
 Toes Over Lip After Start (2E)
 Head Not Break Surface by 15M (2F)
 Re-Submerged (2G)
 Not on Back Off Wall (2H)
 Shoulders Past Vertical To Breast (2L)

BREASTSTROKE

Alternating Kick (3A)
 Butterfly Kick (3B)
 Scissors Kick (3C)
 Arms Past Hipline (3D)
 Non-Simultaneous Arms (3E)
 Two Strokes Under (3F)
 Arms Not in Same Horizontal Plane (3G)
 Elbows Recovered Over Water (3H)
 One Hand Touch (3J)
 Not Separated Touch (3K)
 Non-Simultaneous Touch (3L)
 No Touch (3M)
 Not Toward Breast Off Wall (3N)
 Kick Before Pull (3P)
 Head Not Up (3R)
 Double Pull/Kick (3S)

FREESTYLE

No Touch at Turn (4A)
 Head Not Break Surf 15M (4B)
 Re-Submerged (4C)

CAPITAL CITY SUMMER LEAGUE DISQUALIFICATION REPORT

Event # _____ Heat # _____ Lane # _____

Team _____ Swimmer _____

Butterfly			
1A	Alternating Kick	1B	Kick breaststroke type
1C	Scissors kick		
1E	Non-simultaneous arms		
1F	Arms underwater recovery		
1J	One hand touch	1K	No touch
1L	Non-simultaneous touch		
1M	Shoulders not at or past vertical towards breast off the wall		
1N	Head did not break the surface by 15 meters		
Backstroke			
2I	No touch at turn		
2J	Non-continuous turning action		
2L	Shoulders past vertical toward breast		
2K	Not on back off wall		
2N	Head did not break the surface by 15 meters		
2P	Toes curled over gutter after the start		
Breaststroke			
3A	Alternating Kick	3B	Non-simultaneous kick
3C	Downward butterfly kick	3D	Scissors kick
3E	Hands brought beyond the hipline during stroke		
3F	Non-simultaneous arms		
3G	Arms two strokes underwater		
3H	Arms not in same horizontal plane		
3I	Elbows recovered over water		
3J	One hand touch	3K	No touch
3L	Non-simultaneous touch		
3M	Shoulders not at or past vertical towards breast off the wall		
3P	Head under for 2 or more strokes		
3Q	Incomplete stroke cycle other than 1 pull followed by 1 kick		
Freestyle			
4K	No touch on turn		
4N	Head did not break the surface by 15 meters		
Individual Medley			
5P	Strokes out of sequence		
Relay			
61	Infraction swimmer #1	62	Infraction swimmer #2
63	Infraction swimmer #3	64	Infraction swimmer #4
66	Early start swimmer #2	67	Early start swimmer #3
68	Early start swimmer #4		
6P	Changed order of swimmers		
6Q	Not enough swimmers		
Miscellaneous			
7O	False start	7P	Declared false start
7Q	Did not finish	7R	Delay of meet
7S	Entered water without permission		
7T	Interfered with another swimmer		
7U	Walking on or springing from bottom		
7V	Standing on bottom	7W	Pulling on lane line
7X	Finish in wrong lane		
7Y	Unsportsmanlike conduct		

DURING: Start _____ Swim _____ Turn# _____ Finish _____

Judge's Initials _____ Judge's Initials _____

Scorer's Initials _____

Key Points

Golden Rule

Benefit of the doubt always goes to swimmer!

Volunteer

Sign up for something at every meet!

Heat sheets

Don't forget to bring your own heat sheets!

Thank you!

Melissa Broccolo

Stroke & Turn Clinic Coordinator
(512) 964-5329
m.broccolo@yahoo.com

Angie Hughes

Head Volunteer Coordinator
(281) 475-3831
angelnear01@gmail.com